

## Certified Personal Trainer

**Aligned Program of Study:** Therapeutic Clinical Services

**Aligned Course:**

- Rehabilitation Careers (5990) followed by Exercise Science (6170)

### Description

Developed for those who plan to work with apparently healthy individuals, our curriculum is updated continuously according to the latest research and techniques to help you challenge, guide, support and motivate your clients. Personal Trainer certification can be an important step in establishing credibility and earning respect as a qualified exercise professional. Personal Trainers are at the front line of the health fitness movement and use research-based techniques to help people of all fitness levels reach their personal fitness goals. Although in Tennessee personal trainer certification is not absolutely required by state law, most health clubs and recreation centers require that their employees be certified. Moreover, in Tennessee, personal trainer certification allows personal trainers to be incorporated and more accessible to clients looking for quality service.

### Materials and Resources

- There are a variety of training materials and resources found on the netafit.org website here: <http://www.netafit.org/store/homestudy.cfm>

### Testing Sites

- To locate a testing center call NETA (800) 237-6242

### Test Owner and Registration

National Exercise Trainers Association (NETA)  
5955 Golden Valley Road, Ste. 240  
Minneapolis, MN 55422  
Phone: (800) 237-6242  
Fax: (763) 545-2524  
Email: [neta@netafit.org](mailto:neta@netafit.org)

### Registration Procedures

- Schedule the computer-based "Test Only" option and complete the exam at any of more than 500 Comira Testing Centers across the United States.
- Call NETA to register: (800) 237-6242

<b>Exam Codes</b>	Certified Personal Trainer
<b>Website</b>	<a href="http://www.netafit.org">www.netafit.org</a>
<b>Number of Questions</b>	120 questions
<b>Type of Questions</b>	The Personal Trainer certification exam includes 120 multiple-choice questions, of which 100 questions are scored and 20 questions are 'experimental'. The experimental questions are being pre-tested to evaluate performance and validity before they are introduced on future exams as scored questions. The experimental questions are randomly placed throughout the exam so candidates are blinded as to which are among the 100 scored and the 20 experimental questions. Responses to experimental questions does NOT impact the score or pass/fail status of a candidate's exam. Candidates must correctly answer a minimum of 70 percent of the 100 scored questions in order to earn NETA's Personal Trainer certification
<b>Length of Test</b>	2 hours
<b>Price</b>	\$349